

FIT CHICKS®

"Holiday Hit It" WORKOUT

For this workout do each move for 30 seconds then take 10 seconds to transition into the next move - repeat 3x

1. Dumbbell Steps Ups
2. Burpees
3. Squat to Shoulder Press
4. Jump Lunges
5. Sumo Squat to Upright Row
6. Jumping Jacks

Choose your intensity!

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- Level 1 - Use 5-8 pound weights
 - Level 2 - Use 10 - 12 pound weights
 - Level 3 - Use 12 - 15 pound weights

